

MARCH/APRIL 1996

VOLUME 25, #2

\$3.95

# GYMNASTICS



**JESSICA DAVIS  
TAKES FIRST STEP  
TO ATLANTA  
CAPTURES  
1996  
RHYTHMIC  
CHALLENGE  
TITLE**

**FEATURES ON  
THE ROAD  
TO ATLANTA  
SUMMER CAMPS  
WINTER CUP  
JAIR LYNCH  
AMERICAN  
CLASSIC  
REESE'S  
INTERNATIONAL  
GYMNASTICS CUP  
SPECIAL CAMP  
INSERT SECTION**

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# USA GYMNASTICS

MARCH/APRIL 1996 • VOLUME 25 • NUMBER 2

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## FEATURES

### RHYTHMIC CHALLENGE

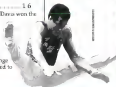
..... 16

With consistent and elegant routines Jessica Barza won the 1996 Rhythmic Challenge. Lauren Bly took second and Natalie Lacourse was third.

### WINTER CUP

..... 18

Jar Lynch won the 1996 Winter Cup Challenge in Colorado Springs, Colo. Six gymnasts qualified to the 1996 World Championships team.



Right: Jar Lynch

### ICE IT!

..... 20

Pain is the first clue that you have a minor injury, a mini-sprain or strain. Don't ignore the pain and hope it will go away. Take care of those little aches now so they don't come back to haunt you.

### AMERICAN CLASSIC

..... 22

Joyce Phelps captured the all-around title at the 1996 American Classic and Dominique Dawes took second. Both athletes, along with Dominique Moceanu and Amy Chow, will represent the U.S. at the 1996 World Championships.

### JAR LYNCH

..... 24

Jar Lynch has a full time job, trains and competes in the sport of gymnastics, and hopes to medal in the 1996 Olympic Games. Winning the Winter Cup Challenge, he proved he's on his way to accomplishing his goals.

### REESE'S INTERNATIONAL GYMNASTICS CUP

..... 26

Kristie Phillips and Dustin Raiszschew danced, flipped and entertained the Portland audience to win the Reese's International Gymnastics Cup.



Above: Joycie Phelps

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# YOU'VE COME A LONG WAY!

Baby snapshots taken straight from your favorite athletes' personal family albums... **GUESS WHO?** This issue's mystery athletes are top level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast maintains a 4.0 grade point average and wants to be a veterinarian one day.

- She is coached by Neil and Patty Jo Kramich and Nancy Knoch at Flye Gymnastics.

- She was a member of the 1995 World Championships Team and the 1995 Pan American Games Team.



**WHO IS SHE?**

**FIND ANSWERS ON PAGE 42!**

- Entertainment is the family business for this gymnast. His mother is an actress, his father is a producer/director, and he would like to be a television broadcaster.

- Originally from Los Angeles, he is now living in Colorado Springs, Colo., while training at the U.S. Olympic Training Center.

- He won the bronze on high bar at the 1995 Kawasaki Cup in Japan and was a member of the 1995 World Championships team.

**WHO IS HE?**

**Fun Facts about the 1996 Olympic Games**

## THE ROAD TO ATLANTA



Money earned on merchandise for the 1996 Olympic Games has already surpassed money earned on merchandise at any other Olympic Games.



**Tickets are still available for Gymnastics Podium Training.**

A record number of women will compete in Atlanta—3,779 compared to 6,582 men. Eleven additional women's events—including rhythmic group—have been added since the 1992 Olympic Games.

You're not able to go to Atlanta? Don't worry, there will be 64-68 camera positions in the Georgia Dome dedicated for televiewing the gymnastics competition—this is more camera positions than used at this year's Superbowl.







To obtain a ticket brochure or Olympic Arts Festival information, send \$5 to: 1996 Olympic Games Ticket Request Form, P.O. Box 106153, Atlanta, GA 30348-5153.

The \$5 will be deducted from the ticket order.

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# VITAMIN D: LET THE SUNSHINE IN...

**Beth Croaslee  
Robert Deutsch**

Laboratory for Elite Athlete Performance, Georgia State University

**Don Bazzard, PhD, RD, LD Director**  
National Team Nutritionist, USA Gymnastics

**I**t should be clear to everyone that a well-rounded lifestyle and good nutrition is critical to gymnastics performance. The "good nutrition" part of this equation involves eating a wide variety of foods that are high in complex carbohydrates, moderate in protein, and relatively low in fat. The purpose of eating a wide variety of foods is to assure that the athlete is exposed to all the nutrients critical to health and performance. One of the nutrients we're concerned about is calcium, because it is needed for strong bones. Inadequate calcium intake is associated with weak bones that are more prone to development of stress fractures, an injury all too common in gymnasts. But having enough calcium by itself is not enough. Vitamin D is needed to assure that the calcium being consumed is properly absorbed into the body.

Calcium, besides its well-known importance in bone health, is also an important component of the blood. Vitamin D controls the way the body uses calcium by assuring that the blood level of calcium stays constant. If dietary calcium is inadequate, then calcium is taken from the bones to keep the blood level constant, and if dietary calcium is adequate, then vitamin D increases the absorption of calcium and gets more in the blood. The extra calcium in the blood is used to build bones. This is especially important when bones are developing and growing during childhood and young adulthood. Here's the problem: If you have enough calcium in the diet, but don't have enough vitamin D, then it's as if you weren't eating calcium because you won't absorb it. This can lead to poor bone development and increase the risk of stress fractures. Therefore, it is critical that gymnasts get plenty of vitamin D to help absorb the calcium, so critical to strong and healthy bones.

There are only a few foods that contain significant amounts of vitamin D. The most commonly consumed vitamin D-containing foods are fortified dairy products. Four cups of vitamin A & D milk provides 100% of the daily requirement for vitamin D. Other foods, such as salmon, tuna, and fortified breakfast cereals also contain vitamin D, but to a lesser extent than fortified dairy products. A big problem with dietary intake of vitamin D is that it is a fat-soluble vitamin. That means that vitamin D lives in fat droplets. Since gymnasts commonly restrict fat intake, vitamin D is also restricted. Taking vitamin D supplements is not a good idea, because vitamin D is the most potentially toxic of all the vitamins. Fortunately, there is another important source of vitamin D: the sun.

**Inadequate calcium intake is associated with weak bones that are more prone to development of stress fractures, an injury all too common in gymnastics. But having enough calcium by itself is not enough. Vitamin D is needed to assure that the calcium being consumed is properly absorbed into the body.**

Ultraviolet light from the sun changes a form of cholesterol in your skin to vitamin D. The vitamin D is then transported to the parts of the body that need it. The amount of sun exposure needed to produce vitamin D depends on several factors, including skin color, age, and climate. People with dark skin, older people, and people in northern climates require more time in the sun than others to produce vitamin D. Due to these factors, making a recommendation for how much sun exposure is needed to produce vitamin D is not possible. However, we do know that gymnasts tend to get very little sunlight exposure because of school and the indoor gymnastics training they do. Figuring out how to occasionally practice some of the gymnastics skills outside the gym, may do much to assure that vitamin D status is sufficient to develop strong and healthy bones.

## REFERENCES

1. Clark W. Sports Nutrition Guidelines. Champaign, IL: Human Press, 1990.
2. Medline GB and Last PM. *Nutrition in Athletics*. Baltimore, MD: W.B. Saunders Co., 1992.
3. Day L and Jones D. *Sports Nutrition: Prevention, Evaluation, Management and Rehabilitation*. Englewood, CO, W: Prentice Hall, Inc., 1993.
4. Willet W, Brenner B, Beecher B, Bales S. *Understanding Nutrition* (5th ed.). New York: MacMillan, 1990.
5. *Nutrition and Health: Food Values of Portions Commonly Used*, 12th Edition. Philadelphia, PA: Benjamin Co., 1993.



# SUMMER CAMP DIRECTORY

These camps were submitted to USA Gymnastics either for inclusion in the annual summer camp directory, if you operate a summer camp and would like your camp to be included next year, send your information to: USA Gymnastics by January 14, 1987, USA Gymnastics Summer Camp Directory, P.O. American Place, 200 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

## CALIFORNIA Rhythmic Gymnastics Camp

Joe Lomas and Phyllis, CA  
510-829-4177  
Mid August  
Morris Mel Rich  
II

## COLORADO Pikes Peak

3870 Hollow Rd.  
Colorado Springs, CO 80907  
719-578-4862  
July 7-12  
July 14-20  
Don Edert  
II

## Glensand Springs

3870 Hollow Rd.  
Colorado Springs, CO 80907  
719-578-4862  
June 23-29  
Don Edert  
II

## FLORIDA Brown's Gymnastics

Orlando, FL  
Mailing address:  
7400 N. Magna Ave.  
Altamonte Springs, FL 32714  
407-861-4214  
June 23-28  
II

## Sea Country Gymnastics

4810 NW 27th Lane  
Gainesville, FL 32604  
June 24-28

Belmont, MA  
II & III

## ILLINOIS Fighting Illini Girls

1817 South Neil Street, Suite 201  
Champaign, IL 61820  
217-244-7233  
June 14-21  
June 28-27  
July 28 August 3  
One Powellbriar  
II

## Fighting Illini Boys

1817 South Neil Street, Suite 201  
Champaign, IL 61820  
217-244-7233  
July 7-12  
July 13-14  
July 19-20  
II

## IOWA The University of Iowa

Hardy's Gymnastics Camp  
214 Hall House  
Iowa City, IA 52242-1111  
319-333-9714  
June 14-20  
II

## MAINE Kippenee For Girls

Barnstable, MA  
Mailing address:  
40 Mill St., Box 207  
Weymouth, MA 02099-8807  
417-763-8281  
June 22 August 17  
June 23 July 28  
July 29 August 17  
Morley or Jan Williamson  
II

## MARYLAND 4-Star Gymnastics

Millersville Town &  
Millersville, MD 21115  
301-223-4174  
July 4-10  
July 22-24  
August 12-14  
Miss Sutton  
II

## MASSACHUSETTS

### Super Camp 1986

448 South Main St.  
Shrewsbury, MA 01545  
417-394-5830  
August 7-14  
Betty Feldman  
II

### USA Gymnastics Training Centers

South Hadley, MA  
Mailing address:  
P.O. Box 4088, Northampton, MA 01061  
407-343-8230  
August 11-14  
August 14-22  
II & III

### MICHIGAN Midwestern Gymnastics Camp

385 N. Holmes Rd.  
Benton Creek, MI 49705  
414-943-4770  
June 22-28  
July 2-10  
July 14-19  
at LeAnn's  
II & III

### MINNESOTA T&S Summer Gymnastics Camps

3 locations:  
D&S Fitness  
5701 Olson Dr. E.  
Edina, MN 55436  
and  
D&S South  
5480 14th St. W.  
Apple Valley, MN 55124  
412-833-3754  
June 17-21  
July 15-19  
August 13-14  
August 15-23  
Julia Thompson-John  
II & III

### NEW YORK Camp Walt Whitman

1 & 8 Dearborn  
Brooklyn, NY 11204  
4-866-457-8392

At-Long, W. Watson, B. Myhrnes.

### Super Camp 1986

Mailing address:  
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Shrewsbury, MA 01545  
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August 7-14  
Betty Feldman  
II

### Team USA Sport Camps

219 Old Mountain Rd.  
Port Jervis, NY 12571  
914-854-7028  
II

### OHIO

#### Beckys Gymnastics

P.O. Box 243  
2380 Clearing Creek Drive  
Westerville, OH 43081  
614-895-1401  
August 4-9  
August 11-14  
David Holcomb  
II

### OREGON

#### Oregon State University Girl's Summer Gymnastics Camp

1996 Summer Gym Camp  
125 Bell Commons  
Oregon State University  
Corvallis, OR 97331-4105  
541-429-3323  
July 14-17  
800-866-7676  
II

### PENNSYLVANIA International Gymnastics Training Camp 1986

10 E. Elm Street  
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717-429-0244  
June 14-22  
June 23-29  
June 30 July 4  
July 7-13  
July 14-18  
July 21-27  
July 28 August 3  
August 4-10  
August 11-17  
August 18-24  
Brenda Moore  
II & III

### Woodward

Box 93, Woodward, PA 16802  
414-844-5430  
June 3-4  
June 8-15  
June 14-22  
June 23-29

June 30 July 4  
July 7-13  
July 14-20  
July 21-27  
July 28-August 3  
August 4-10  
August 11-17  
August 18-24  
Ed Isabelle  
II & III

### Nezzy's Academy of Gymnastics

1321 O'Reilly Drive  
Fresnoville, NC 28523  
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Nezzy Nease or  
Ann Nease  
II

### RHODE ISLAND Rhode Island Summer Gymnastics Camp

Michael Field House  
University of Rhode Island  
Brynfield, RI 02801-0810  
401-833-4487  
July 7-13  
July 14-19  
Cheryl Kowalson  
II

### TEXAS

#### Brown's Gymnastics

Houston, TX  
Mailing address: 740 Orange Ave.  
Alhambra Campus, FL 32714  
407-849-8744  
July 7-12  
II & III

### WISCONSIN

#### Jewish Community Center Gymnastics Camp

6235 N. Santa Monica Blvd.  
Milwaukee, WI 53217  
414-941-6144  
June 24-30  
August 12-14  
Garry Holmgren  
II & III

### Utah State

8540 Box 40, College, WI 54221  
715-740-3785  
June 14-20  
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July 7-13  
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July 21-27  
July 28 August 3  
August 4 August 10  
August 11-17  
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## THE FACTS

**Host City:** Boston, Mass.

**Congress Dates:**

Pre-Congress Sessions • June 27

Congress Sessions • June 28-30

Post Congress Sessions • July 1

1996 U.S. Olympic Trials • June 28-30

Artistic Trials • June 27-30

Rhythmic Trials • June 25-26

## CONGRESS RATES AND REGISTRATION DATES

\$130/80 Pre-registration

\$175/80 On-Site

No pre-registration after MAY 31. After MAY 31, you must register on-site.

Non-Members \$238/80

## CONGRESS HOTELS

The Copley Connection is a joint venture of world class hotels and an outstanding shopping facility. The Westin Hotel Copley Place, the Boston Marriott Copley Place and The Copley Place Shopping Galleries are all under one roof. For the 1996 USA Gymnastics Congress, these three hotels will be joined by the adjacent Copley Plaza to house Congress attendees. The Congress sessions will be conducted at the Hynes

Convention Center that is connected directly to the Copley Place Shopping Galleries.

**The Westin Hotel, Copley Place Boston**

10 Huntington Avenue, Boston, Mass. 02116-5796

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Central Reservations: 800-229-3000  
Direct Reservations: 617-282-9600

**Cut-off date:** May 31

**Rates:** \$129 for single/double

**Boston Marriott, Copley Place**

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At Copley Place, in the heart of Boston's Back Bay area, the Boston Marriott is linked to the Hynes

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**Reservations:** 617-236-5800

**Cut-off date:** June 4

**Rates:** \$126 for single/double, \$10 for each additional person

**The Copley Plaza, A Wyndham Hotel**

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**Reservations:** 800-622-6200

**Cut-off date:** May 26

**Rates:** \$149 for single/double

When making reservations, USA Gymnastics is listed in the hotel reservation systems as "USA Gym Congress"

## CONGRESS REGISTRATION INFORMATION

Congress Registration forms, Congress "Add-on" information forms, and the tentative Congress Schedule are included on pages 12, 15, 17 of this issue.

## PRESENTATIONS

The biggest and the best! Watch Technique for more specific information on the Congress schedule, presentations and topics. Sessions will be conducted at the beautiful John B. Hynes Convention Center. The Hynes will provide a modern, elegant, highly flexible environment for the annual Congress. Sessions will feature informative speakers discussing club business, technique and sport science, preschool/developmental, judges' training, and other areas of interest. Sessions will also include men's, women's, and rhythmic areas.

## EXHIBITION HALL

The Exhibition located in the Hynes Convention Center, will provide Congress attendees with the opportunity to see the latest and the best in equipment, apparel, and services.

## 1996 U.S. OLYMPIC TEAM TRIALS

America's top gymnasts will be making magic June 28-30 during the 1996 U.S. Olympic Gymnastics Trials in Boston. This nationally televised competition will determine which gymnastics hopefuls are going to compete in Atlanta. It promises to be a week of drama, passion, and perfection. A week to remember and you can experience the excitement! All of it—live and in person. You'll want to attend and see firsthand, some of the most important Artistic and Rhythmic competitions in a gymnast's life.

## ARTISTIC TRIALS

June 27-30

## RHYTHMIC TRIALS

June 25-26

For more information about ordering tickets, please call the Massachusetts Sports Partnership at 417-443-4909. Please do not call USA Gymnastics regarding ticket tickets.

The 1996 U.S. Olympic Trials-Gymnastics is offered by USA Gymnastics and the Massachusetts Sports Partnership.



## CONGRESS COSTS

### PROFESSIONAL MEMBERS

Early registration (postmarked by May 31, 1996) \$150  
On-site registration \$175

**NON-MEMBERS \$235**

## CONGRESS COSTS

### Fees include:

One credential for entrance to Congress sessions and master clinics on Friday morning through Sunday afternoon

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One ticket to the final Congress Banquet (Additional Banquet tickets for spouses/guests are \$50 each—available at registration)

The annual Ceremony of Honor

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*Please call the Massachusetts Sports Partnership at:*

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*Please do not call USA Gymnastics regarding trial tickets*

*MSP reports that ticket sales are very heavy, order your tickets now!*



## 1996 PRE-REGISTRATION FORM

COMPLETE ONE CONGRESS FORM PER PERSON—YOU MAY PHOTOCOPY FORM FOR ADDITIONAL CONGRESS REGISTRATIONS

Your Professional Address (listed in the USA Gymnastics Pro-member database) will be used for all correspondence

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**Minimum age for Congress registration is 16.**

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## NATALIE LACUESTA

Hampton, Virginia, U.S.

Birth Date: December 13, 1981

Club: Rhythmic Gym

Coach: Lena Guseff

Age(s): 1989

School: Loyola Academy

Grade: 7th

Interesting Fact: Natalie was the 1995 Junior National Champion and took third at the Rhythmic Challenge in her first event as a senior. She was once a figure skater but switched to rhythmic gymnastics. She is very artistic and likes to write poetry and philosophical essays.

*****	*****						
4 Stars	Club: Loyola Academy, Va.	Score	Ball	Clubs	Ribbon	AA	
1. Iron Horse		9.54	9.54	9.59	9.67	9.69	20.24
		9.23	9.20	9.50	9.58		20.21
2. Iron Fly	Rhythmic Gym	9.69	9.67	9.70	9.80	9.80	20.66
		9.38	9.60	9.70	9.69		20.54
3. Nordic Jacarita	Rhythmic Gym	9.68	9.54	9.60	9.69	9.69	20.64
		9.54	9.53	9.60	9.61		20.61
4. Good Bye	Soft Foot	9.54	9.64	9.60	9.69	9.69	20.66
		9.54	9.59	9.60	9.68		20.64
5. The Ring	Soft Rhythmic	9.69	9.69	9.70	9.70	9.70	20.69
		9.58	9.64	9.69	9.69		20.69
6. White Ice	Ministry Gym	9.68	9.69	9.70	9.69	9.69	20.66
		9.70	9.64	9.69	9.69		20.66
7. Blue Ranger	Soft Rhythmic	9.69	9.70	9.70	9.70	9.69	20.69
		9.67	9.64	9.69	9.69		20.67
8. Nordic Melody	Twelve Motion	9.69	9.69	9.69	9.69	9.69	20.66
		9.69	9.69	9.69	9.69		20.66
9. White Star	Rhythmic	9.69	9.70	9.70	9.69	9.69	20.69
		9.67	9.69	9.69	9.69		20.67

*****	*****						
4 Stars	Club	Score	Ball	Clubs	Ribbon	AA	
1. Iron	Ministry Gym	9.69	9.69	9.69	9.69	9.69	20.69
		9.59	9.64	9.69	9.69		20.69
2. Iron Justice	Rhythmic	9.70	9.69	9.69	9.69	9.69	20.69
		9.69	9.69	9.69	9.69		20.69
3. Iron Melody	Soft Rhythmic	9.69	9.70	9.70	9.69	9.69	20.69
		9.69	9.69	9.69	9.69		20.69
4. Iron Justice	Rhythmic	9.69	9.69	9.69	9.69	9.69	20.69
		9.70	9.69	9.69	9.69		20.69
5. Iron Justice	Soft Foot	9.70	9.69	9.69	9.69	9.69	20.69
		9.69	9.69	9.69	9.69		20.69
6. Iron Justice	Twelve Motion	9.70	9.69	9.69	9.69	9.69	20.69
		9.69	9.69	9.69	9.69		20.69
7. Iron Justice	Rhythmic	9.70	9.69	9.69	9.69	9.69	20.69
		9.70	9.69	9.69	9.69		20.69
8. Iron Justice	Twelve Motion	9.70	9.69	9.69	9.69	9.69	20.69
		9.70	9.69	9.69	9.69		20.69

## KASSY SCHARRINGHAUSEN

Hampton, Virginia, U.S.

Birth Date: May 24, 1983

Club: Atlantic International Gymnastics

Coach: Marlene Guseff

Age(s): 1988

School: Oakton Middle School

Grade: 8th

Interesting Fact: Kassy started baller at age 3 and then decided to switch to rhythmic gymnastics. She's an only child and likes stuffed animals. In fact, she carries them with her to competitions for good luck. Kassy is the current Junior National Champion as a result of her performance at the 1995 Rhythmic Challenge.

## LAURIE ILLY

Hampton, Virginia Beach, Va.

Coach: Christine, U.S.

Birth Date: August 28, 1981

Club: Rhythmic Gym

Coach: Lena Guseff and Helene Korne

Age(s): 1988

School: Haven Middle School

Grade: 8th

Interesting Fact: Laurie took second all-around at the Rhythmic Challenge which was her first event competing as a senior. She is the youngest of eight siblings and is sponsored by Lifetime Health Plan.

## KIMEL HIGA

Hampton, Virginia, U.S.

Birth Date: May 24, 1983

Club: Atlantic International Gymnastics

Coach: Marlene Guseff

Age(s): 1988

School: Oakton Middle School

Grade: 8th

Interesting Fact: Kimel started baller at age 3 and then decided to switch to rhythmic gymnastics. She's an only child and likes stuffed animals. In fact, she carries them with her to competitions for good luck. Kimel is the current Junior National Champion as a result of her performance at the 1995 Rhythmic Challenge.

# 1992 Olympian Jair Lynch Wins Winter Cup Title

By Krie Parker and Leon Peseck



Above: Jair Lynch  
Below: Mark Sato



Above: Jim Kurl  
Left: Steve McKee  
Below: Bill Sisk



**D**espite the freezing temperatures in Colorado Springs, Colo., the Men's Winter Cup Challenge heated things up with some spectacular gymnastics.

With more than 60 of the top male gymnasts competing, the spectators were more than satisfied.

After complications, only six handstands at a post separated Jair Lynch's lead from John McNeer's close second. Solid on the six performance from both gymnasts set the standards for the next day's national competition.

"This means we're only halfway through," said Lynch. "Handstands at this point are bogus. There are six more events and anyone can win."

Although Lynch had some struggles in optional, he did manage to maintain his first place standing and won the Winter Cup Challenge. He was unhappy with his personal home performance and felt that it was "unreasonable." McNeer also had some problems and slipped to third while his teammate, Larry Dink, moved up to second.

"I wasn't aware of my standings," said Dink. "All I knew was that I had to let six for six and I'd end up where I'd end up." He'd done exactly what Dink did and he moved up three positions to finish second.

McNeer commented, "I'm glad to see the U.S. Olympic Training Center Team finally standing up to where they should be with everyone placing in the top 14."



The Water Cup Challenge was a very important competition for the US men because it not only re-ranked the team but also served as the trials for the 1995 World Championships based on optional scores only.

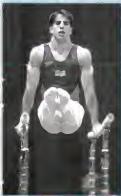
The team consists of Dink, who had the top score in the optional competition with a 55.93, Chaimy Ungphiphol, who had the second highest optional score of 54.75, Steve McLean, who had the third highest optional score of 54.675, potential future champion Mark Spahn (55.5), rings champion Chris LeMaris (50.5), and Bill Roth, who tied for last on high bar with Marnatny (5.70).

The final coach of the team is Ron Struss from the U.S. Olympic Training Center and the assistant coach is Art Sharlock from UCLA. The next national event World Championships are April 18-21 in San Juan, Puerto Rico.

The top 14 in the all-around from the compulsory and optional rounds of competition make up Team USA. Using optional scores only the top seven (ages 18 and under) and the top ten (ages 19 and over) make up Team 2000.

**LOOK FOR RESULTS ON PAGE 32.**

Below: John Narkely  
Below left: Steve Dink  
Below right: Chaimy Ungphiphol



## Get into the Spirit of the Games!



This biography about the first Jewish man ever to win the World Championships includes many action photographs and handbooks of quotes by him and Boris Karlov.

According to David Armstrong, Kim's father, "the book's 'essence' theme—discipline, persistence, dedication in hard work, never giving up—was it."

## KIM ZMENSKAL DETERMINED HOW TO WIN



Written in this one-to-one, this handbook book, tell us the thrilling story of Olympic gymnast Tim Daggett, describing how he clinched the men's team gold at the 1984 Olympics with a 10 on high bar, his near-perfect spring week injury and the tragic, world-class accident that cost him his leg and his hopes for a second Olympics.

Sharon Miller, America's Most Reckoned Gymnast, is \$14.95 + \$2.00 shipping. Kim Zmenskal, Determination to Win, is \$9.95 + \$2.00 shipping. Dink in Dreams is only \$14.95 + \$2.00 shipping. Please: these titles are great for school book reports! Bonus: Club! books are perfect for Ambassadors! Write for info about discounts on orders of 5 or more.

Other titles available through The Bradford Book Co. City bookstores, Olympic Gold! and Nations With Olympic Gold! (handbook books for children ages 7-11 by Meyer Collier) are \$14.95 each + \$2.00 shipping. A. Hinkle: 10 by Randy's team physician Dr. Jack Jozsa, is \$16.95 + \$2.50 shipping. Extreme Team Sky Mountain, in tandem rides with top pro Sharon Miller is \$14.95 + \$2.50 shipping. Other great gymnastics videos are also available!

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# ICE IT!

By Elzabeth Scherl, LMT

If you're physically active, occasionally you notice little aches and pains. Most people ignore them in hopes they will go away. But there's a better way—take care of them now so they don't come back to haunt you.

How do you know when it's time to pay attention? When it hurts. Pain is your first clue that you have a minor injury, a strain-sprain or strain. Recurrent pain is just a louder warning; your body is asking for help.

Other symptoms of minor injury include swelling, redness and heat. They are all by-products of having over-stretched and torn body tissues—muscle, tendon or ligament. The tears can be literally microscopic. In fact, micro-tears happen with normal stress and are part of the strengthening process. But if there is too much stress and too little rest, these micro-tears don't heal properly and you get pain and swelling as a result. If they're not treated properly, they become chronic, nagging problems and set you up for yet more injury.

Your goal is to decrease all swelling in the injured area. If you are experiencing pain, even a little, there is probably at least a tiny bit of swelling inside somewhere. Swelling can restrict movement and greatly increase your healing time. Three things are necessary for home treatment: ice, elevating the injured part and repeating the process faithfully for several days. It takes



three hours or so for the first two or three days after your injury.

An alternate method is to freeze water in a small paper cup. If you put a popsicle stick in the water first, you have a ready-made handle. Peel away the cap and rub twice over your skin for five to

seven minutes, again, until the area is numb and partially blanched. Keep the area elevated while you're doing it. This method is faster, but generally requires you to keep one of these ice popsicles around in your freezer. You can also use a frozen bag of peas,

some effort, and it's easy to shrug off "just a little soreness," but the payoff is an injury-free body that's ready to go back to working out in a few days. No one wants to spend six or eight weeks recovering from a sprain or strain when a little care could avoid it!

Everyone who works out regularly should keep some ice on hand. When these minor aches appear, put some crushed ice in a plastic bag or hot water bottle, drap the



which has the advantage of molding to your body but the disadvantage of not being as cold as ice, therefore not working as well.

The last part of this recipe is rest. Using the injured part even a little can greatly reduce healing and increase recovery time. Remember that it can take three to five days just for the healing to get started. Don't get in your own way. Stay off the injury.

Ice is great for the early, acute stages of a minor injury, but what? Knowing when to ease back into training is a judgment call. If there's any doubt ask a local sports medicine physician or athletic

trainer. Certainly, the pain and swelling should be gone. Stay alert for any sign of pain while you begin training again; you may need to ice after the first few workouts.

The best answer, of course, is to avoid injury altogether. "No pain, no gain" is for performance athletes who train at least two hours a day, seven days a week. For the rest of us, however enthusiastic, it's "train, don't strain." Warm

**Three things are necessary for home treatment: ice, elevating the injured part, and repeating the process faithfully for several days. It takes some effort, and it's easy to shrug off "just a little soreness," but the payoff is an injury-free body that's ready to go back to working out in a few days.**

up for at least 15 minutes before a workout, and stretch slowly and thoroughly afterwards. You have to hold a stretch for at least 30 seconds just to maintain your current flexibility. And remember, while it takes three or four weeks of steady workouts to get in shape, it only takes 10-12 days to get out of shape again. If you have had to take time off to heal an injury, you may have to return to training as though you were starting from scratch. Many athletes injure themselves because they rush the process.

A little pain is a warning sign. A little attention to those warnings can add some fun to your life.



# Team USA

## *Exclusive training camp for girls* **Gymnastics Camp**

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**TEAM USA**  
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Jaycie Phelps captured the all-around title by performing solid and elegant routines on all eight events.

Jaycie Phelps won the 1996 American Classic Gymnastics Competition, held at the Mabee Center on the campus of Oral Roberts University in Tulsa, Okla., February 9-10. The American Classic was the trials competition for the Individual Event World Championships to be held April 15-21 in San Juan, Puerto Rico.

Members of the World Championships team include: Dominique Dawes, Jaycie Phelps, Amy Chow and Dominique Moceanu.

The World Championships Team was selected by using optional scores only. Dawes won the optional only all-around competition followed by Phelps and Chow. Moceanu did not compete in the American Classic but was named to the team due to her silver medal finish at the 1995 World Championships.

The junior division was won by Vanessa Atler from Canyon Country, Calif. Atler was followed by Kinsey Rowe and Alexis Brion.

Thanks to meet director Linda Bradshaw and husband state director Wayne Bradshaw for outstanding meet organization.



# JAYCIE PHELPS

## WORLD GYMNASTICS CHAMPIONSHIPS TEAM SELECTED

LOOK FOR  
RESULTS  
ON  
PAGE 32!

MARCH/APRIL 1996



After being sidelined with an injury prior to the 1995 World Championships, Amy Chow demonstrated her readiness and secured a spot on the 1996 World Championships Team.



Kristy Powell, completely recovered from an injury that prevented her from competing at the Coca-Cola National Championships, regained her senior international team ranking.



Dominique Dawes returned to competition stronger than ever and debuted a new mount on floor—a spectacular double layout.

# WINS 1996 AMERICAN CLASSIC

By Luan Peszek

# JAIR LYNCH



PHOTO © MARY ELKE THOMAS/ABC

By Leon Posenak

**A**t age 24, Jair Lynch is once again taking the gymnastics world by storm. He did so in 1992, when he narrowly missed the bronze medal on parallel bars at the Olympic Games. He's did it again by winning the 1994 World Cup Challenge.

"This event was very important to me," said Lynch. "It took some new skills and routines and it was an important step leading toward the Olympic Games."

Lynch wanted a couple of falls in the optional competition and, although he won the World Cup Challenge, he did not earn a spot on the World Championships team since only the optional scores were considered.

Although he was disappointed, he will still work toward his goal—to medal at the 1996 Olympic Games in Atlanta.

Lynch certainly knows what it takes! After all, he's a veteran of Olympic and World Championships competition.

When asked to compare the World Championships to the Olympic Games, Lynch said, "There are more people, more and sometimes at the World Championships. You also have to wait a long time between your routines. One thing I liked about the 1993 World Championships was that the USA men camped together at a time during competitions. We were split up at

the 1992 Olympic Games and it was hard to get momentum."

Lynch is a graduate of Stanford University and has a degree in civil engineering and urban design. He has a full time job at Silver Graphics Inc., a computer systems company leading the industry in word processing.

"My company created the computers used to produce the graphics for Jamaica's Park Corp., Leonardo 2 and other movies. I do development and create what's in the books with building a new campus for the company. It's growing so large with 5,000 employees that there are many new projects coming up."

When asked how he is able to train, travel to national and international competitions, and still hold down a job, he said, "My company is incredibly loyal to me. We discuss the leave up front and they're very supportive. I think they realize that I have a lot of energy and dedication and that after the Olympic Games in 1996 I will dedicate all those energies to them. I also bring a computer wherever I go and still work a little while on the road."

Lynch works from 8:00 a.m.—1:00 p.m. at his job and leaves from 2:00 p.m.—6:00 p.m. in the gym.

This veteran is putting a great deal of effort into making the 1996 Olympic Games and doing well in Atlanta.

**BIRTH DATE:** October 2, 58  
**BIRTH PLACE:** Amherst, Massachusetts  
**HOMETOWN:** Washington, D.C.  
**RESIDENCE:** Stanford, California  
**SCHOOL:** Stanford University  
**COACHES:** Taduo Hanafin, Take Misayama  
**UNITED:** None, dad and 27-year-old sister

**HIS BIGGEST FAN:** "My dad. He came to the World Championships in Japan. He's a fanatic about the sport. He loves it. He knows a lot about gymnastics, too."

## FUN FACTS

## FAVORITES

**EVENT:** Parallel Bars  
**SKILL:** Double Layout from wide one-and-a-half twist dismount on high bar  
**HOBBIES:** Reading non-fiction, writing, visiting museums, viewing exhibits and films, exploring neighborhoods and cities to appreciate different environments and architecture for understanding of successes and failures.  
**TV SHOW:** Sportscenter and the Simpsons  
**MOVIE:** Home Alone  
**ROLE MODEL:** I don't have one but I am not afraid to be one

## COMPETITION RESULTS

- 1996 Winter Cup Challenge, Colorado Springs, Colo.; 1st-4th
- 1993 World Championships, Tokyo, Japan; 5th Team
- 1993 Goodwill National Championships, New Orleans, La.; 4th-6th & 7th, 5th-9th
- 1993 World University Games, Buffalo, N.Y.; 2nd Team, 11th-14th, 3rd-5th, 4th-9th
- 1992 Olympic Games, Barcelona, Spain; 6th Team, 24th-28th, 4th-6th (Comp. 5)
- 1992 Olympic Trials, Baltimore, Md.; 14th-16th
- 1992 Tokyo Cup, Tokyo, Japan; 10th-12th, 4th-6th
- 1992 Goodwill Cup, Nagoya, Japan; 17th-18th
- 1991 World Sports Fest, Tokyo, Japan; 7th-8th





## JAIR LYNCH

"My company is incredibly loyal to me. We discussed the issue up front and they're very supportive. I think they realize that I have a lot of energy and dedication and that after the Olympic Games in 1996 I will dedicate all those energies to them."



### JAIR'S COMMUNITY SERVICE WORK

Serves on the Board of Directors of the Devon Youth Club-Panhandle Chapter

Helps with Friends for Youth-Big Brother/Big Sister volunteer program

Appears as an inspirational speaker at the Sea Pines County Juvenile Services and Correctional Facilities

Received in 1991 and 1992 with the Stamford Black Community Service Award

# 1996 REESE'S INTERNATIONAL GYMNASTICS CUP

By Lynn Perazich

Portland, Oregon received its first major snowfall of the year on January 27, the day of the Reese's International Gymnastics Cup. But, a little snowfall didn't stop the action in the Portland Rose Garden. Although a few of the staff and officials were snowed out of Portland, you know the old saying, "the show must go on!" The show did proceed as planned, with an amazing crowd of 5,500 considering the circumstances, and was a great success.

Former medalists from the World Championships, Olympic Games, Pan American Games and Goodwill Games, choreographed routines to music and wore costumes in hopes of earning prize money totaling \$66,000 at the event.

Kristie Phillips playing Jeannie on floor.



Kristie Phillips and Dmitri Bilazerchev were the big winners of the event becoming the 1996 Reese's International Gymnastics Cup Champions.

Kristie Phillips scored a perfect 10 on beam to win the event. She comes out with a machine gun and dressed in army fatigues. She turns into a flower child and moans with a roundoff layout, WOW! While on the beam she used a roundoff flip the series and showed her awesome flexibility.



Dmitri Bilazerchev's rings routine was hysterical. His routine was to the Chipmunks music and he was dressed in yellow and blue bloomers with matching socks. Dmitri bounced, danced and entertained to score a 39.90 for second place.



Dmitri Bilazerchev

John Roethlisberger's rings routine dreams of cowboys and Indians gets an A+ for creativity. He comes out to the music of gunfire. John plays a cowboy when he's in an upright position and appears as an Indian while in a handstand.

Confused? Check out the photo... he has an Indian head tied between his legs so when he goes up in a handstand he's an Indian. Pretty clever huh? John earned 39.60 for third place.

John Roethlisberger



Chris Waller



Chris Waller demonstrated a dramatic love story floor routine. Chris and a beautiful woman (played by wife Cindy Waller) are sitting on a park bench around the floor mat. Chris tries to impress this beautiful woman by showing off his gymnastics repertoire.

Although he may have won many hearts of those in the audience, his beautiful woman left with Scott Kazwick when he gave her a kiss on the cheek. Poor Chris! Better luck next time. The judges gave Chris' drama a 39.40 for fifth place.

Bill Roth



Hey Bill... next time go easy on the silly string around the judges and you may just win.

Bill Roth portrayed Batman's nemesis, the Riddler on floor. His costume and tumbling were great as well as his special effect of green sprinkles thrown in the air and silly string sprayed at the judges. Bill earned 39.85 for second place.

Wendy Bruce



Wendy Bruce's peanut butter cup circus beam routine scored 39.85 for second place. Wendy played Pinxy the clown, threw candy to the crowd, and pretended the beam was her high wire act in the circus. She even had a safety net underneath.

Svetlana Bogutskaya



Svetlana Bogutskaya wearing a daring black ball skirt and black boots with fringe—swayed to the crowd from a sit position on high bar. She threw some difficult skills, jumped off and danced around, remounted, then dismounted with a double backflip. She scored 39.45 for first place.

Missy Markova



Missy Markova on beam wore a pink leotard with sparkles and used a ribbon during her routine. Unfortunately, she took a fall on her flip-flop, layout series but still scored 39.00.

**Brandy Johnson-Schorpf**

Brandy Johnson-Schorpf's hot man, half woman floor exercise routine (Senior and Senorita Johnson) earned a 39.70 for second place.

**Valentin Mogulsky**

Valentin Mogulsky on rings wore a black top hat, bow tie, suspenders with no shirt and gray pants. He scored a 39.25.

**Hope Spivey Shewley**

Scott Kinwick came out of the audience to begin his Charlie Chaplin routine. He also tried to bribe the judges. He gave a rose to Kim Zmeskal, a Bessie's Cup to Kurt Thomas, his hat to Brian Patrick Clarke, and his heart to Kathy Johnson. He couldn't get up on the bar so he used the side rail to jump up. He scored a 39.70 to tie for fourth place.

**Scott Kinwick**

Vitaly Marinich's Gay Gen high bar routine was a big hit. Tom Cruise/Marinich sang "You're Lost That Loving Feeling," to judge Kathy Johnson. Then returned high bar and swings hips to the song "Dance-Dance." Vitaly scored a 39.90 for second place.

**Vitaly Marinich**

Hope Spivey Shewley's Frankenstein drama on floor scored a 40, the third perfect score of the Bessie's International Gymnastics Cup. Frankenstein (played by Hope's husband) kills Hope and lays her on the floor exercise mat. Hope comes to life mounting with a front through to double back. WOW!

## Other Highlights:

Paul O'Neill's "Duck" routine on floor to the music "Disco Duck." Great costume and great standing full while in a full head mask!

Brandy Johnson-Scharpf's grand entrance on bars—from the ceiling of the Portland Rose Garden. (Brandy's husband Bill was orchestrating the stunt from the ceiling—talk about trust!)

Omitri Bilazherchev's version of "Swiss Lake on Floor." He wore a black cape, a big swan beak, and wore white tights and a pink tutu underneath. He took off the cape and beak and did a great man/woman floor routine.

John Roethlisberger...and friend...The Hawk...on floor: John brought back this routine for the second year in a row and won with a 39.90.

Kristie Phillips' great choreography on every event including her "I Dream of Jeanie" theme on floor and her army theme on bars.

Brandy's costumes on each event including Copper on beam, Senorita and Senor on floor and the space theme on bars.

Chris Waller's Riddler routine on high bar. He came out of the audience, dived around on the bars, put a hat on Kathy Johnson's head, mounted the apparatus, did a routine, dismounted the apparatus, remounted the apparatus, dismounted again, and climbed back up in the audience—all within the designated time frame.

Bill Roth's Superman routine on high bar. He came out reading a paper, wearing a suit coat, pants and glasses. Then ripped off his clothes to reveal his Superman apparel and went into his high bar routine.

John Roethlisberger's hair during his high bar Michael Jackson impersonation.

## Interesting Notes:

1988 Olympian and 1991 Pan American Games Gold Medalist Chelle Stock was scheduled to compete but injured her ankle while training on bars and came to Portland with a cast on her foot. How did the injury occur? Stock was doing a western theme on bars and stepped off the mat while wearing cowboy boots.

1991 World Champion and 1992 Olympic Bronze Medalist Kim Zmeskal was also scheduled to compete but had a nasty bout with the flu and was not 100% by the date of the event.

Vanessa Vander Plooye and Brooke Redwell did great exhibition rhythmic routines during the show.

The 1996 Reese's International Gymnastics Cup was organized locally by Razor Sharp Productions, an affiliate of the Portland Trail Blazers and Oregon Arena Corporation, and was sponsored by Hershey Chocolate USA.

A perfect score on each event was 40 points. Below are the results:



## WOMEN

### Vaults Bars

1. Svetlana Boguinskaja	39.65
2. Kristie Phillips	39.55
3. Brandy Johnson-Scharpf	39.10
4. Missy Marlowe	39.00

### Solo on Beam

1. Kristie Phillips	40.00
2. Wendy Bruce	39.85
3. Svetlana Boguinskaja	39.65
4. Brandy Johnson-Scharpf	39.15
5. Missy Marlowe	39.00
6. Hope Spivey-Shealey	38.95

### Floor Exercise

1. Hope Spivey-Shealey	40.00
2. Brandy Johnson-Scharpf	39.70
3. Missy Marlowe	39.65
4. Kristie Phillips	39.25

### All-Around

1. Kristie Phillips	118.80
2. Brandy Johnson-Scharpf	117.95
3. Missy Marlowe	117.65

Watch the Reese's International Gymnastics Cup on TV

March 30th  
2-3:30 pm EST  
CBS Sports

Check local listings for up-to-date broadcast times

## MEN

### Floor Exercise

1. John Roethlisberger	39.90
2. Bill Roth	39.85
3. Omitri Bilazherchev	39.80
4. Paul O'Neill	39.50
5. Chris Waller	39.40
6. Valentin Mogulini	39.35

### Still Rings

1. Paul O'Neill	39.95
2. Omitri Bilazherchev	39.90
3. John Roethlisberger	39.60
4. Chris Waller	39.30
5. Valentin Mogulini	39.25
6. Vitaly Morinich	39.15
7. Scott Kenwick	39.10

### High Bar

1. Chris Waller	40.00
2. Vitaly Morinich	39.90
3. John Roethlisberger	39.80
4. Omitri Bilazherchev	39.70
4. Bill Roth	39.70
4. Scott Kenwick	39.70
7. Valentin Mogulini	39.25

### All-Around

1. Omitri Bilazherchev	119.40
2. John Roethlisberger	119.30
3. Chris Waller	118.70
4. Valentin Mogulini	117.85



**OPPOSE**

[illegible]

Dear U.S. Government:

I don't think there should be any award for the Olympic Games since they are really just a way to make it in the Olympics but not because they're the best. I don't think you should build people back from being the best they can be when they might have a chance at winning a gold medal.

Warde Kilgus  
Dallas, TX

TO USA Dynamometer  
"Age Limit"

I strongly disagree that there would be no age limit for persons to be competitive in the first group in Classes I and the others. It is wrong to think that the responsibility of the parents and coaches until 18 should have the ability, independence, and desire. I do not feel 14-18 should have the opportunity to participate in the Olympic Games. Another reason I strongly disagree is because of the limitation of these events increases. Polynesian events, Maori things that happen to be a dynamic thing. These events, traditional require skills that proved them from years having that chance to come into being.

If a child has performed best skills at an early age who should not be persuaded that that is their date is a random number of which anyone should be judged, especially after years of practice, dedication and support.

Joyce Marie Hansen  
Olympic Athlete  
Frost, NH 05830

[illegible]

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**USA GYMNASTICS**

8294

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The following table shows the results of the regression analysis for the dependent variable "Number of publications" (N = 100). The independent variables are "Gender" (Male/Female) and "Age" (Young/Middle/Older). The coefficients are shown in parentheses, and the t-statistics are shown in brackets. The R-squared value is 0.15.



ly expanding the satellite base, the **NASIM SYSTEM** functions similar to many we're supports.

However, it cannot replace the entire radio link segment of satellite mobile air control. It allows the ground to track targets and identify only two pairs in the air. The system is particularly useful when locating new ships. If the ground needs to identify mobile targets, the satellite is not typed out the **NASIM SYSTEM** is then switched over the base.

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## AMERICAN CLASSIC TULSA, OKLA. FEBRUARY 9-11

**WOMEN'S JUNIOR NATIONAL TEAM**  
(SQUADROONS AND/OR 1700 or 1800 SKIS, SPECIALS REQUIRED)  
WHS OF THE TUSA AREA

RANK/NAME	HOMETOWN	CLUB	SCORE
1. Joyce Raley	Grandville, Ind.	Des Moines Skis	27.000
2. Heather Peterson	Shaw Spring, Ark.	WHS Angels	27.170
3. Amy Lane	San Jose, Calif.	New Valley Skis	27.200
4. Emily Ford	Northwest, Wis.	Des Moines Skis	27.500
5. Joanne Thompson	Windsor, Indiana	Des Moines Skis	27.670
6. Judith Peters	Windsor, Ind.	Des Moines Skis	27.840
7. Pamela Kallander	Colorado Springs, Colo.	Des Moines Skis	28.010
8. Joanne Peters	Windsor, Ind.	Des Moines Skis	28.180
9. Judith Peters	Windsor, Ind.	Des Moines Skis	28.350
10. Kristin Peters	Windsor, Ind.	Des Moines Skis	28.520
11. Kristin Peters	Windsor, Ind.	Des Moines Skis	28.690
12. Joanne Peters	Windsor, Ind.	Des Moines Skis	28.860
13. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.030
14. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.200
15. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.370
16. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.540
17. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.710
18. Joanne Peters	Windsor, Ind.	Des Moines Skis	29.880
19. Joanne Peters	Windsor, Ind.	Des Moines Skis	30.050
20. Joanne Peters	Windsor, Ind.	Des Moines Skis	30.220

## CAMBERRA CUP JUNIOR INTERNATIONAL COMPETITION

CAMBERRA, AUSTRALIA  
DECEMBER 19-20, 1995

Dynastar's Maria Kim, coached by Peggy Lubinski, made the trip to Canberra, Australia, Dec. 19-20, for the 1995 Churchill Cup. Kim finished second all-around, second on down and floor, and third on beams.

### ALL-AROUND

1. Maria Kim	28.125
2. Maria Kim	27.875
3. Maria Kim	27.625

### Vault

1. Maria Kim	17.125
2. Maria Kim	16.875
3. Maria Kim	16.625

### Down Hill

1. Maria Kim	17.125
2. Maria Kim	16.875
3. Maria Kim	16.625

### Beam

1. Maria Kim	17.125
2. Maria Kim	16.875
3. Maria Kim	16.625

### Barre Exercises

1. Maria Kim	17.125
2. Maria Kim	16.875
3. Maria Kim	16.625

## WOMEN'S JUNIOR NATIONAL TEAM (SQUADROONS AND/OR 1700 or 1800 SKIS, SPECIALS REQUIRED)

RANK/NAME	CLUB	SCORE
1. Joyce Raley	Grandville, Ind.	27.000
2. Heather Peterson	Shaw Spring, Ark.	27.170
3. Amy Lane	San Jose, Calif.	27.200
4. Emily Ford	Northwest, Wis.	27.500
5. Joanne Thompson	Windsor, Indiana	27.670
6. Judith Peters	Windsor, Ind.	27.840
7. Pamela Kallander	Colorado Springs, Colo.	28.010
8. Joanne Peters	Windsor, Ind.	28.180
9. Judith Peters	Windsor, Ind.	28.350
10. Kristin Peters	Windsor, Ind.	28.520
11. Kristin Peters	Windsor, Ind.	28.690
12. Joanne Peters	Windsor, Ind.	28.860
13. Joanne Peters	Windsor, Ind.	29.030
14. Joanne Peters	Windsor, Ind.	29.200
15. Joanne Peters	Windsor, Ind.	29.370
16. Joanne Peters	Windsor, Ind.	29.540
17. Joanne Peters	Windsor, Ind.	29.710
18. Joanne Peters	Windsor, Ind.	29.880
19. Joanne Peters	Windsor, Ind.	30.050
20. Joanne Peters	Windsor, Ind.	30.220



Sharon Williams  
Light Blue Skis

## WINTER CUP CHALLENGE

COLORADO SPRINGS, COLO.  
FEBRUARY 2-3, 1996

The top 14 in the all-around from the compulsory and optional round of competition make up Team '96. Using optional scores only, the top seven (ages 10 and under) and the top two (ages 19 and over) make up Team 2000.

### TEAM '96 FINAL RANKING

(COMPULSORY AND OPTIONAL ROUNDS OF THE FINAL ROUND, OPTIONALS REQUIRED)  
AGE OF THE FINAL ROUND

1. Jani Ford	28.125
2. Mary Kim	27.875
3. Maria Kim	27.625
4. Maria Kim	27.375
5. Maria Kim	27.125
6. Maria Kim	26.875
7. Maria Kim	26.625
8. Maria Kim	26.375
9. Maria Kim	26.125
10. Maria Kim	25.875
11. Maria Kim	25.625
12. Maria Kim	25.375
13. Maria Kim	25.125
14. Maria Kim	24.875

### TEAM 2000 FINAL RANKING

(COMPULSORY AND OPTIONAL ROUNDS OF THE FINAL ROUND, OPTIONALS REQUIRED)  
AGE OF THE FINAL ROUND

1. Maria Kim	28.125
2. Maria Kim	27.875
3. Maria Kim	27.625
4. Maria Kim	27.375
5. Maria Kim	27.125
6. Maria Kim	26.875
7. Maria Kim	26.625
8. Maria Kim	26.375
9. Maria Kim	26.125
10. Maria Kim	25.875
11. Maria Kim	25.625
12. Maria Kim	25.375
13. Maria Kim	25.125
14. Maria Kim	24.875

### TEAM 2000 FINAL RANKING

(COMPULSORY AND OPTIONAL ROUNDS OF THE FINAL ROUND, OPTIONALS REQUIRED)  
AGE OF THE FINAL ROUND

1. Jani Ford	28.125
2. Mary Kim	27.875
3. Maria Kim	27.625
4. Maria Kim	27.375
5. Maria Kim	27.125
6. Maria Kim	26.875
7. Maria Kim	26.625
8. Maria Kim	26.375
9. Maria Kim	26.125
10. Maria Kim	25.875
11. Maria Kim	25.625
12. Maria Kim	25.375
13. Maria Kim	25.125
14. Maria Kim	24.875





# CHUNICHI CUP AND KAWASAKI CUP

HAGOYA AND KAWASAKI CITY, JPN  
DECEMBER 16-19, 1995

By Steve Rabiner

The Chunichi Cup featured an all-around competition and individual event finals on December 16-17 in the city of Nagoya, Japan. The Kawasaki Cup featured only individual event finals on December 19 in Kawasaki City, Japan. Many of the world's best gymnasts participated in these two competitions, including reigning men's world champion Li Xiaoshuang (CHN) and world ladies medalist Elena Chabova (RUS). Every gymnast competing in these two events also participated in the 1995 World Championships in Sebel, Japan.

The Chunichi Cup all-around champion, Xiaoshuang, earned a 57.450, closely pursued by Chabova who finished second with a 57.425. Third was Hironori Tanaka (JPN) with a 57.130. John Roethlisberger, four-time U.S. National Champion and 1992 Olympic placed sixth in the all-around with a 55.525. John Mazzocco from the U.S. Olympic Training Center finished ninth.

The highlight of the top came during both individual event finals. Roethlisberger tied for third on rings and placed third on high bar in the Chunichi Cup. He bettered these results in the Kawasaki Cup by placing second on floor exercise, second on high bar, and third on rings. Mazzocco received his first senior international medal by earning a bronze on high bar at the Kawasaki Cup. Li Xiaoshuang and Elena Chabova displayed their dominance by winning most of the event final top events.

## EVENT FUN FACTS

■ USA, China, Russia, Japan, and Korea competed during the men's competition.

■ Li Xiaoshuang of China demonstrated a new skill on vault: Handspring with full twist and pike salto forward.

■ The U.S. athletes were successful in an exceptionally competitive field. The determination of our athletes earned them six medals.

■ The U.S. delegation traveled the farthest of all the other countries and only had 7½ days to adjust to Japan before competition.

## CHUNICHI RESULTS

### ALL-AROUND

1 Li Xiaoshuang	580	57.450
2 Elena Chabova	565	57.425
3 Hironori Tanaka	558	57.130
4 Dmitri Isakov	554	56.950
5 Peter Nadeau	553	56.875
6 John Roethlisberger	554	56.125
7 Li Jing Yu	549	54.850
8 Evgeny Yurlov	547	53.250
9 John Mazzocco	554	53.550

### POWERS

1 Li Xiaoshuang	580	5.900
2 Elena Chabova	578	5.900
3 Dmitri Isakov	561	5.425
4 Li Jing Yu	549	5.250
5 Elena Chabova	558	5.250
6 John Roethlisberger	554	5.250

7 Vladimir Tkachenko	578	5.250
8 John Mazzocco	554	5.250
9 Hironori Tanaka	558	5.250

### PARALLEL BARS

1 Elena Chabova	595	5.700
2 Li Xiaoshuang	588	5.625
3 Elena Chabova	585	5.525
4 Vladimir Tkachenko	578	5.500
5 John Roethlisberger	554	5.500
6 Hironori Tanaka	571	5.500
7 Dmitri Isakov	550	5.500
8 Hironori Tanaka	550	5.500

### RINGS

1 Li Xiaoshuang	588	5.625
2 Elena Chabova	585	5.625
3 Elena Chabova	580	5.625
4 Li Xiaoshuang	571	5.625
5 John Roethlisberger	554	5.500
6 Hironori Tanaka	571	5.500
7 Hironori Tanaka	554	5.500
8 John Mazzocco	550	5.500

### Vaults

1 Li Xiaoshuang	594	5.925
2 Elena Chabova	585	5.925
3 Li Xiaoshuang	580	5.850
4 Hironori Tanaka	571	5.850
5 John Mazzocco	554	5.750
6 Vladimir Tkachenko	571	5.750
7 John Roethlisberger	550	5.750

### PARALLEL BARS

1 Elena Chabova	585	5.700
2 Li Xiaoshuang	580	5.625
3 Li Xiaoshuang	568	5.625
4 Hironori Tanaka	571	5.625
5 Vladimir Tkachenko	571	5.625
6 John Roethlisberger	554	5.500
7 John Mazzocco	550	5.500

### POWERS

1 Li Xiaoshuang	588	5.825
2 John Roethlisberger	578	5.825
3 John Roethlisberger	574	5.825
4 Dmitri Isakov	565	5.250
5 Elena Chabova	585	5.250
6 John Mazzocco	554	5.250

## KAWASAKI RESULTS

### POWERS

1 Li Xiaoshuang	579	5.750
2 John Roethlisberger	574	5.675
3 Elena Chabova	568	5.625
4 Hironori Tanaka	571	5.500
5 John Mazzocco	554	5.500
6 Li Jing Yu	549	5.425
7 Hironori Tanaka	565	5.375
8 Vladimir Tkachenko	571	5.375
9 Hironori Tanaka	568	5.375

### POWERS

1 Vladimir Tkachenko	571	5.625
2 Elena Chabova	565	5.575
3 Hironori Tanaka	568	5.475
4 Li Xiaoshuang	570	5.425
5 John Roethlisberger	552	5.400
6 Hironori Tanaka	568	5.350
7 John Mazzocco	552	5.375
8 John Mazzocco	560	5.325

### RINGS

1 Li Xiaoshuang	588	5.750
2 John Roethlisberger	574	5.625
3 Elena Chabova	568	5.525
4 Hironori Tanaka	571	5.525
5 John Roethlisberger	554	5.525
6 Hironori Tanaka	571	5.525
7 Hironori Tanaka	554	5.525
8 Hironori Tanaka	554	5.525
9 Hironori Tanaka	554	5.525

### Vaults

1 Elena Chabova	585	5.625
2 Li Xiaoshuang	579	5.625
3 Li Xiaoshuang	574	5.625
4 Hironori Tanaka	571	5.625
5 John Roethlisberger	554	5.500
6 John Mazzocco	554	5.475
7 Hironori Tanaka	554	5.475
8 Hironori Tanaka	554	5.475
9 Hironori Tanaka	554	5.475

### PARALLEL BARS

1 Elena Chabova	588	5.700
2 Li Xiaoshuang	580	5.625
3 Vladimir Tkachenko	571	5.625
4 Hironori Tanaka	571	5.625
5 Hironori Tanaka	571	5.625
6 John Roethlisberger	554	5.500
7 John Mazzocco	554	5.500
8 Hironori Tanaka	554	5.500
9 Li Jing Yu	549	5.500

### POWERS

1 Li Xiaoshuang	588	5.625
2 John Roethlisberger	574	5.625
3 John Mazzocco	554	5.625
4 Elena Chabova	571	5.625
5 Vladimir Tkachenko	571	5.625
6 Hironori Tanaka	571	5.625
7 Li Jing Yu	549	5.625
8 Hironori Tanaka	571	5.625
9 Hironori Tanaka	571	5.625



Shown from left to right: Mazzocco, John Roethlisberger, John Mazzocco, and Steve Rabiner.





Reebok



# LEARNING THE FRONT TUCK ON FLOOR EXERCISE

FORWARD USED BY PHOTO ©  
AL NATIONAL TEAM MONITOR  
DICK ROBERTS (AGE 12)

Steve Butcher  
South Cal Gymnastics  
San Diego, California

The front tuck can be performed on every event in gymnastics. Mastery of the front tuck on floor is necessary before performing this skill on the other events. The front tuck is also the primary element necessary for learning advanced front tumbling on the floor.

## TO GET STARTED

### CONDITIONING

You must be physically strong enough to perform this skill safely. The most important muscles that will be used are the abdominals and legs (upper and lower). Special attention should be given to the strengthening of these two areas prior to attempting this skill.

## PROGRESSIONS

1. Practice pommel or vault jumps on the floor.
2. Practice stick drills by jumping off stacked mats (progress to the height of the vaulting horse).

## IMPORTANT FACTORS

1. Strong and consistent neck.
2. Punch on balls of feet with knee in front, arms over-head, and eyes forward.
3. Aggressive arm flexion.  
Recommended: the overarm throw technique for beginners (as opposed to the Russian lift & underarms reach). The overarm throw technique is less complicated and also a natural progression to hand spring front skills.
4. Tight tuck.
5. Controlled landing (flex the knees to absorb the force of the landing).

## SPOTTING

The spotter places one hand (palm facing up) in front of the punching gymnast. The other hand is placed on the gymnast's back in order to help the rotation.

## FIRST DO FRONT TUCK

Using a springboard into a solid or foam floor training pit or onto a shock absorbent mat. Once you've mastered the drill then punch from the floor into a solid or foam floor training pit or onto a shock absorbent mat or use a spot.



COACHES: Please submit your conditioning ideas in the Reebok Coaching Column, c/o USA Gymnastics, P.O. American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

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## NOTICE TO MEMBERSHIP

The following Membership Information has been adopted by the Board of Directors of USA Gymnastics.

\*Membership in USA Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time when a member's conduct is determined to be incompatible with the best interest of the sport of gymnastics and of the athletes as its serving.\*

The following former professional members have had their membership privileges terminated as suspended.

### TERMINATED

Estee Enderlin, USA	198	William Dettmer	181
Donna Brown	17	William H. Dettmer	17
Long Smith	16	John J. Dettmer	16
William Dettmer	15	Don Dettmer	15
USA Gymnastics	14	William Dettmer	14
Joseph Dettmer	13	Don Dettmer	13
Don Dettmer	12	William Dettmer	12
William Dettmer	11	Don Dettmer	11
Don Dettmer	10	William Dettmer	10
Don Dettmer	9	Don Dettmer	9
Don Dettmer	8	Don Dettmer	8
Don Dettmer	7	Don Dettmer	7
Don Dettmer	6	Don Dettmer	6
Don Dettmer	5	Don Dettmer	5
Don Dettmer	4	Don Dettmer	4
Don Dettmer	3	Don Dettmer	3
Don Dettmer	2	Don Dettmer	2
Don Dettmer	1	Don Dettmer	1

### SUSPENDED

Don Dettmer	19
-------------	----



## SOLID GOLD GYMNAST

Always an all-star performer Dominique Mackinnon took first place of the 857th Rock-a-Roll Gymnastics Championship on December 7, 1995, at the North Charleston Coliseum in North Charleston, South Carolina. Dominique may have to learn new bars... on the guitar!



## 1996 OLYMPIC GAMES STAMPS

The U.S. Postal Service unveiled 20 new stamps celebrating the 1996 Olympic Games. The stamps honoring the 1996 Olympic Games are the latest entry in the Postal Service's popular "Classic Collection," a format featuring a collector sheet of 20 colorful designs with descriptive text on the reverse side of each stamp.



## 1995 USA TOP National Training Camp

The 32 athletes selected to the National FETI TOP team attended a National TOP Training Camp in Tulsa, OK, on December 7-10, 1995.



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by D.J. CASTELLON



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## Forces in the gym

### CHRIS CUTRIGHT GATHERSBURG, MARYLAND

Chris 11 is a Level 10 training with top and best results at PG & has Gymnastics. She placed second at the Maryland State, 1974, Level 7 and took all-around at the Maryland State, 1974, Level 11, she took the gold in the all-around and qualified for Level 10. She plans to bring in the next season and then to compete in America in the 2000 Olympics. She would like to thank her coaches for their help and love.



### KELLY PARKER DOWNERS GROVE, ILLINOIS

Kelly 11 attends the Fox Sports Genetics. She is a rhythmic gymnast and competes in the 1994 Level 10 system. Kelly is a gymnast and a ball. She is a member of the Fox Sports.



### JENNA HARP HICKORY HILLS, PENNSYLVANIA

Jenna 11, of Hickory Hills School of Gymnastics, placed first and was named the Champion, PG, Fox Sports. Currently competing at Level 11, Jenna is a member of the Fox Sports Level 11.



### BRITTANY MOLE ORLANDO, FLORIDA

Brittany 10 of Fox Sports Gymnastics (Fox Sports) was the 1975 Level 10 Florida State Champion in the young 10 year old and under division with a 27.000. She was also named the all-around champion in the 1975 Fox Sports Gymnastics (Fox Sports) and was named the Fox Sports Gymnastics (Fox Sports) champion in the 1975 Fox Sports Gymnastics (Fox Sports) and was named the Fox Sports Gymnastics (Fox Sports) champion in the 1975 Fox Sports Gymnastics (Fox Sports).









RESEARCH DESIGN AND METHODS

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quest to use evidence experiments in teaching all levels and disciplines, JPL and Ford did not see the world as a laboratory. In general, they were at any camp in science, emphasizing facilities and equipment that facilitated a variety of research objectives. *Journal of Chemical Education*, *McGraw-Hill Chemical Reviews*, and *Science* included

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\* Work out daily at the beautiful Waverly Hills gymnastics complex along with your favorite gymnastic stars

**Kim Zmeskal and Dominique Moceanu.**

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Coaches with 10 students enrolled to attend camp will receive housing, meals, recreational facilities and  
**BELA'S MASTER LECTURE PRESENTATION** followed by question-answer session regarding your favorite topics.  
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Dear Friends at USA Gymnastics:  
This is a picture of my sister,  
Haarsh. She has to go to the  
Olympics, where I keep some of my USA  
Gymnastics magazines. Haarsh is a  
great gymnast. And she has to sit  
and jump to retrieve her toys. Let's all  
celebrate at Level 10 at Central Gymnastics  
Academy in Jacksonville, NC.

Erin Johnson  
Jacksonville, NC

# CHALK TALK



DEAR MARY LOU KETTER,

I saw the TV show "100  
Billion" about how  
these people really  
achieve the gymnast to  
make them do  
well. I know that TV  
show told to share  
the information, but there are  
truth in these statements! But  
always admit not and respected  
Data. It would crush me to think  
he would do something like that.  
Jerry Brown  
San Diego, California

Dear Jerry,  
She has very high  
skills and expects the  
same from his gymnast.  
That is what it takes to  
become a champion.  
Dear Jerry, I was  
never the victim of any  
kind of abuse.



Photo by: [illegible]

In January Lou Rottien  
expanding her Olympic  
horizons and trying  
out for the U.S.  
Gymnastics  
Swimming Team!  
Not this year, but she  
took the "Synchro  
Challenge" at the U.S.  
Olympic Team Trials  
Gymnastics and  
Swimming in  
Indianapolis, Ind.

DEAR MARY LOU KETTER,  
I'm 16 years old and I Level 10  
gymnast. I'm hoping to be on the  
Olympics eventually. My favorite  
event is team. I'm a big fan of  
you. My aunt gave me an  
autographed picture of you for  
Christmas. It was one of my  
favor to present. How many  
autographed photos do you give  
away each year?  
Bella Roberts  
Cincinnati, Tennessee

DEAR MARY LOU KETTER,  
I was wondering if you ever did  
any more training outside the  
gym. If so, what did you do?  
Dear Masha Shiro  
Larchmont, New Jersey

Dear Masha,  
Thank you for being a fan. With  
all the fan mail I receive, plus  
all the autographs I do for  
fans, I would estimate  
about 3,000-4,000 photos.

Dear Masha,  
In comparison of the  
Olympics you must be an  
elite gymnast. That is the  
highest level. You must  
be at least 13 years old  
in the year of the  
Olympics to compete. My  
favorite events were  
floor and vault.

DEAR MARY LOU KETTER,  
I'm 16 years old and I Level 10  
Gymnastics. I've been in gymnastics  
since I was 4 years old. What level do  
you want to be in competition? In the  
Olympics? In the age level? In the  
Olympics? In the age level? In the  
Olympics? In the age level?  
Masha Shiro  
Larchmont, New Jersey

DEAR MARY LOU KETTER,  
My hands are all torn up from  
them when I quit gymnastics  
with my hands. How your  
hands feel? If my hands  
don't feel, naturally in there  
something I could put on them?  
Kelly Mauer  
Morristown, New Jersey

Dear Lou,  
About 2 years before the Olympics I was  
juggling 30 minutes a day. That helped my  
endurance a lot.

Dear Kelly,  
Yes, your hands will heal.  
Gymnastics helps a lot. It's  
important to keep your hands  
moist so they don't crack.

DEAR MARY LOU KETTER,  
I'm 16 years old and I Level 10  
Gymnastics. I've been in gymnastics  
since I was 4 years old. What level do  
you want to be in competition? In the  
Olympics? In the age level? In the  
Olympics? In the age level?  
Masha Shiro  
Larchmont, New Jersey



DEAR MARY LOU KETTER,  
I'm 16 years old and I Level 10  
Gymnastics. I've been in gymnastics  
since I was 4 years old. What level do  
you want to be in competition? In the  
Olympics? In the age level? In the  
Olympics? In the age level?  
Masha Shiro  
Larchmont, New Jersey

Dear Lou,  
I think the most important thing in  
gymnastics is to perfect your skills,  
then start working on developing  
more strength and flexibility. This  
will enable you to learn bigger skills  
and become a great gymnast.  
Setting goals is also very important!

Dear Lou,  
I participated in a lot of sports  
when I was growing up including  
basketball, track and field, diving  
and gymnastics. When I became a  
jumper in high school my love for  
gymnastics made my decision  
easy as to which sport I would  
pursue. I'm really glad I made  
that decision because the rewards  
of competing in gymnastics are  
innumerable.

HEY!

MORE →

**DEAR KIM ZWISLOCK,**  
I have several handstands in my bar routine. Every time I try handstands I have to arch to make it up. Is this bad for your back? Are there any skills to help me improve my form?  
-Nep  
Royal Oak, Michigan

**Dear Nep,**  
Hitting good, straight-body handstands is the most important part of your bar routine. By doing straight handstands you'll put less pressure on your back and eliminate deductions in your bar routine. Doing more upper body conditioning and finding a coach spot you are comfy will help you improve.

**Dear Kim,**  
I have been in Level 6, and I am looking for a coach to help me. I am looking for a coach who can help me with my skills. I am looking for a coach who can help me with my skills. I am looking for a coach who can help me with my skills.  
-Kim Zwislock  
Royal Oak, Michigan



**DEAR KIM ZWISLOCK,**  
I'm 12 years old and a Level 6 gymnast. I will move up to Level 7 as soon as I get my top bar skills. I am looking for a coach who can help me with my skills. I am looking for a coach who can help me with my skills. I am looking for a coach who can help me with my skills.  
-Kim Zwislock  
Royal Oak, Michigan

**Dear Courtney,**  
Unfortunately, mixing tricks is a part of learning them. I hope your shoulders are all right. I moved gymnastics on a single high bar. Entering is a front support position at first. Then I had a coach spot the opening until I was ready to do it on my own. Good luck

**Dear Shyana,**  
Gymnastics, like many activities that you wish to excel in, takes hard work and patience. Give the latter a try. I've seen some to be improving. Don't give up!

**DEAR KIM ZWISLOCK,**  
I'm 12 years old and a Level 6 gymnast. When I go to the gym I work my hardest, but I just can't seem to get very far on the rings. I'm working on it. Did you ever have this problem or did anything always come easy to you?  
-Shyana Robinson  
Bedford, Massachusetts



**Dear Kait,**  
Set backs are a part of everything you do, and I feel that injuries are not enough of a reason to stop trying or competing in gymnastics. I have a goal of making the Olympic team and that is also a big reason for me to continue in gymnastics.

**DEAR JACQUEE HANSEN,**  
What has inspired you, in the past and present, to stay in gymnastics?  
-Nick Decker and Nick Jones  
Holt, Oklahoma

**DEAR JACQUEE HANSEN,**  
After all of your injuries, what makes you keep the love for gymnastics?  
-Phyllis Young  
Norman, Oklahoma

**Dear Nick and Nick,**  
This is a simple answer. I have always felt that if I really it so reason to stop doing gymnastics.



**DEAR JOHN ROETHLISBERGER,**  
I am 12 years old and I go to Burn Corner Gymnastics Academy. In all your hard days of work, why do you still love gymnastics?  
-Dustin Ruffolo  
Norman, Oklahoma

**Drawn by Kim Flannery '81**  
who attended Burnaby School of Dance and Gymnastics in Burnaby, B.C. and is coached by Tony Mowbray

**Chalk Talk** includes questions covering men's, women's and rhythmic gymnastics. Send your questions to superstars like Mary Lou and Kim Zwislock, or to any of your other favorite gymnasts. You can also send us photos of yourself or drawing you've made. Remember, we can't return pictures or artwork.

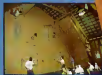
**Dear Devin,**  
I still love gymnastics because I enjoy the challenge of the sport and all the hard work that is required to be on the national team. The hard work is actually one of the highlights for me.

**DEAR BRIAN YEE,**  
A lot of the kids at school tease me about gymnastics. What should I do?  
-Gina Chomond  
Norman, Oklahoma

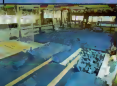
**Dear Ryan,**  
Most of all you should't worry because you're in the best sport in the world. Many of the kids who tease you have probably never tried gymnastics and don't know how fun it is. They're the ones missing out on the excitement.

Send your questions to: USA Gymnastics, Chalk Talk, P.O. Box 1300, 201 S. Capital Avenue, Suite 300, Indianapolis, IN 46225

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